

Wellness ON THE GO

Essential tips for using Lavender, Lemon and Peppermint essential oils ON THE GO. Keep these three oils in your purse, work out bag or desk for quick, effective and safe relief.



LAVENDER

Anxiety/stress: apply to the bottoms of your feet, keep it at your desk and inhale the relaxing aromatherapy.

Sleep: add a small amount to a warm bath, apply behind the ears and/or on your neck. Place 2-4 drops into a small spray bottle and mist over pillows and sheets before sleep.

Add a drop to a cotton ball and put it in the vent of your car to make a quick diffuser of the oils.



LEMON

Cold sores/canker sores: apply a drop of lemon oil directly to sores several times each day.

Sore Throat: apply one drop to the neck on the area of the sore throat. Add a drop to water or hot tea.

Removing marker, gum, adhesives: apply one to two drops and remove with a clean cloth.



PEPPERMINT

Headache: apply a drop of peppermint oil to the temples and back of neck.

Fatigue: to keep yourself alert, inhale aroma or apply topically to the back of neck and temples.

Hot flashes: apply peppermint oil to the bottoms of the feet.

Muscle or joint pain: apply directly to the painful area.

Allergies/sinus pain: apply lavender, lemon and peppermint around sinuses and nose as needed. Add two drops each to water, gargle and swallow.

WELLNESS
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